June 28, 2004

Testimonial information on Jim Black by wife Kim:

I have known Jim for sixteen years, we have been married for fourteen years of that time. Jim has always been an extremely active and alert person, he has been involved in many sports activities his entire life and has at times worked two or three jobs at once. He is a very dynamic man who is capable of doing anything he has a mind to. Jim has also had a myriad of health issues the entire time I have known him, he has listed many of the main ones in his testimonial. In November and December of 2000 he began to have the onset of the symptoms of chronic pain, fatigue, and blindness in one eye. Jim is a very strong man who has an extremely high threshold for pain, so for him to even mention that he was having difficulty was enough for me to realise something was going terribly wrong.

I saw a gradual worsening of symptoms over the last four years, at the beginning of the illness he had a period of time where he was unable to work for about eighteen months. Again this was very indicative of the level of pain and sickness he was in because Jim worked through everything – pneumonia, bronchitis, knee injury – you name it. At his worse, Jim was down to functioning at about 25% of his normal activity. He was able to see some improvement and go back to work in August 2002 due to taking 4000 iu's of vitamin D supplements a day. Of all of the medicines, lifestyle changes and dietary changes prescribed this was his one saviour.

Jim suffered from poor quality and duration of sleep, most nights getting only 3-4 hours of sleep. His eyes were very dull, extremely bloodshot with pain lines visible around his eyes all of the time. Some days he would walk hunched over from the pain in his chest and abdomen. He sometimes had a slight limp. His memory was very poor and concentration was difficult. I drove most of the time because we knew that he didn't have the concentration to do it properly.

In the past 8-10 months Jim's physical stamina was decreasing again. He managed to keep a job and come home to spend time with the kids and I, but it was very difficult and a tribute to his willpower. We planned our days and activities so that we did not over exert him too badly and tried to limit the things that we accomplished in a day.

Since December 2003 I saw a very marked worsening of Jim's symptoms. I witnessed tremors in his hands, overall weakness, spasms in his muscles and high fatigue. His pallor was grey and he appeared to be gaining weight, although he was eating less than usual. Jim and I had discussed these things and came to the conclusion that he would be capable of working for about another year and he had resigned himself to the belief that he would be in a wheelchair in the next few years.

After Jim's first blessing with Guru Ji I immediately noticed that Jim could walk straighter. His energy level has been on a constant upswing and he is now at least 80-

90% of normal. His mind is very clear, he is able to concentrate on reading and writing his books again. Jim is back in every sense with his sense of humour and wit.

Physically, his colour is a healthy pink, he has a glow now of health. Jim's eyes are clear and bright, there is no more redness or dullness and many of the pain lines have disappeared. He is stronger and has all of his stamina back, he is able to do almost anything physically that he wants to, he even coached a soccer game and ran around the field for two hours without any ill effects, other than the muscle stiffness anyone who is out of shape would get.

I have not witnessed any more tremors or spasms at all. He is able to go out in the heat of the day and not be bothered. The Radium Hot Springs pools had no effect on him at all. Jim is now functioning as well, if not better than he has for the entire time I have known him.